

# Garnet & GO GRILL

## BURGERS & SANDWICHES

<b>HAMBURGER</b>	<b>4.00 / 330 CAL</b>
<b>CHEESEBURGER</b>	<b>4.99 / 380 CAL</b>
<b>VEGGIE BURGER</b>	<b>4.99 / 320 CAL</b>
<b>TURKEY BURGER</b>	<b>4.99 / 250 CAL</b>
<b>GRILLED CHICKEN</b>	<b>4.99 / 280 CAL</b>
<b>HOT DOG</b>	<b>2.49 / 300 CAL</b>

## ADD ONS

<b>Cheese</b> 0.49 100 Cal.	<b>Grilled Onions</b> 0.49 30 Cal.
<b>Bacon</b> 0.49 90 Cal.	<b>Mushrooms</b> 0.49 10 Cal.

## CHEESE

<b>AMERICAN</b>	<b>110 CAL</b>
<b>CHEDDAR</b>	<b>110 CAL</b>
<b>PROVOLONE</b>	<b>100 CAL</b>
<b>SWISS</b>	<b>110 CAL</b>

## VEGGIES

<b>LETTUCE</b>	<b>5 CAL</b>
<b>TOMATO</b>	<b>5 CAL</b>
<b>RED ONION</b>	<b>5 CAL</b>
<b>PICKLES</b>	<b>10 CAL</b>

## SIDES

<b>MACARONI SALAD</b>	<b>1.99 / 180 CAL</b>
<b>POTATO SALAD</b>	<b>1.99 / 170 CAL</b>
<b>COLESLAW</b>	<b>1.99 / 150 CAL</b>
<b>SWEET POTATO FRIES</b>	<b>1.99 / 280 CAL</b>
<b>FRIES</b>	<b>1.99 / 280 CAL</b>

## MEAL DEAL

<b>CHIPS AND 20OZ SODA</b>	<b>2.99 / 150-350 CAL</b>
<b>SIDE AND 20OZ SODA</b>	<b>2.99 / 150-480 CAL</b>



## SPECIAL OF THE DAY

**6.00**

### MONDAY

**Tuscan Chicken  
Sandwich**

### TUESDAY

**Black & Bleu  
Burger**

### WEDNESDAY

**Philly Cheese  
Steak**

### THURSDAY

**Cuban**

### FRIDAY

**Grilled Chicken  
Wings**

# Garnet & GO DELI



BREAKFAST MENU

LUNCH MENU

## BREAD

Bagel	280 Cal.
English Muffin	110 Cal.
Flour Wrap	150 Cal.
Spinach Wrap	150 Cal.
Wheat Wrap	140 Cal.
Croissant	270 Cal.

## \$3.99

## SANDWICH WITH PROTEIN

## \$3.29

## NO PROTEIN

## YOUR CHOICE

Egg White	30 Cal.
Egg	90 Cal.

AND

Bacon	110 Cal.
Sausage	140 Cal.
Ham	70 Cal.

## CHEESE

American	110 Cal.
Cheddar	110 Cal.
Provolone	100 Cal.
Swiss	110 Cal.
Chipotle Gouda	100 Cal.
Pepperjack	100 Cal.
Shredded	90 Cal.
Mozzarella	
Shredded	100 Cal.
Parmesan	

## VEGGIES

Lettuce	5 Cal.
Spinach	5 Cal.
Tomatoes	5 Cal.
Red Onion	5 Cal.
Pickles	10 Cal.
Banana Peppers	5 Cal.
Black Olives	20 Cal.
Jalapeno	5 Cal.
Green Peppers	5 Cal.
Cucumber	5 Cal.

## ADD ONS

Extra Cheese	0.49 / 80-110 Cal.
Extra Bacon	0.49 / 170 Cal.
Extra Meat	2.00 / 120-380 Cal.

**Breakfast served from 7:30 am - 10:30 am**

## BREAD

Sub Roll	220 Cal.
Ciabatta	230 Cal.
Cuban Bread	220 Cal.
Flour Wrap	300 Cal.
Spinach Wrap	310 Cal.
Wheat Wrap	280 Cal.

## MEAT

Golden Turkey	120 Cal.
Smoked Ham	120 Cal.
Roasted Chicken	120 Cal.
Buffalo Chicken	120 Cal.
Capicola	360 Cal.
Sopressata	360 Cal.
Salami	380 Cal.
Mortadella	320 Cal.
Roast Beef	180 Cal.
Chicken Salad	150 Cal.
Tuna	220 Cal.

## CHEESE

American	220 Cal.
Cheddar	220 Cal.
Provolone	200 Cal.
Swiss	220 Cal.
Chipotle Gouda	200 Cal.
Pepperjack	200 Cal.
Shredded	180 Cal.
Mozzarella	
Shredded	200 Cal.
Parmesan	

## \$6.95

## SANDWICH WITH PROTEIN

## \$5.49

## NO PROTEIN

**Turn any sandwich into a salad!**

## VEGGIES

Lettuce	5 Cal.
Spinach	5 Cal.
Tomatoes	5 Cal.
Red Onion	5 Cal.
Pickles	10 Cal.
Banana Peppers	5 Cal.
Black Olives	20 Cal.
Jalapeño	5 Cal.
Green Peppers	5 Cal.
Cucumber	5 Cal.
Salad	20 Cal.

## SAUCES

Mayo	220 Cal.
Lite Mayo	100 Cal.
Oil	120 Cal.
Vinegar	0 Cal.
Mustard	0 Cal.
Balsamic	30 Cal.
Italian	70 Cal.
Caesar	130 Cal.
Ranch	140 Cal.
Spicy Mustard	0 Cal.
Honey Mustard	70 Cal.
Bleu Cheese	160 Cal.
Horseradish Mayo	90 Cal.

## SIDES

Macaroni Salad	1.99 / 180 Cal.
Potato Salad	1.99 / 170 Cal.
Coleslaw	1.99 / 150 Cal.
Cup of Soup	3.29 / 110-300 Cal.
Bowl of Soup	3.69 / 160-450 Cal.

## SOUP OF THE DAY

<b>MONDAY</b> Minestrone 110/160 Cal.	<b>WEDNESDAY</b> Tomato Basil 140/210 Cal.
<b>TUESDAY</b> Chili 300/450 Cal.	<b>THURSDAY</b> Chicken Noodle 150/220 Cal.

## ADD ONS

Extra Cheese	0.49 / 80-110 Cal.
Extra Bacon	0.49 / 170 Cal.
Extra Meat	2.00 / 120-380 Cal.

## DAILY SPECIAL

<b>MONDAY</b> -Meatball Sub -Turkey & Cheese	<b>THURSDAY</b> -Italian -Roast Beef & Cheddar
<b>TUESDAY</b> -Buffalo Chicken Wrap -Ham & Swiss	<b>FRIDAY</b> -Chicken Salad Sandwich

## MEAL DEALS

Chips & 20oz Soda	2.99 / 150-350 Cal.
Side & 20oz Soda	2.99 / 110-650 Cal.

<b>WEDNESDAY</b> -Chicken Cordon Bleu -Tuna
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2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.